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***In the Claims***

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This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently amended)     ~~An oral or~~ A topical composition comprising:
  - a.     Lotus seed extract;
  - b.     Lotus flower extract; and
  - c.     a compatible vehicle for oral or topical application.
  
2. (Currently amended)     ~~An oral or~~ A topical composition comprising:
  - a.     an extract of the a seed of plant material selected from the group consisting of the a Yellow Lotus (*Nelumbo lutea*), the a Blue Lotus (*Nelumbo caerulea*) and the a Sacred Lotus (*Nelumbo nucifera*);
  - b.     an extract of a flower of plant material selected from the group consisting of a Yellow Lotus (*Nelumbo lutea*), a Blue Lotus (*Nelumbo caerulea*) and a Sacred Lotus (*Nelumbo nucifera*);
  - bc.    one or more methyl donors; and
  - ed.    a compatible vehicle for oral or topical application.
  
3. (Currently amended)     The ~~oral or~~ topical composition of claim 2 wherein said one or more methyl donors are selected from the group consisting of methionine, betain, dimethylglycine S-adenosyl-L-methionine, polyenyphosphatidylcholine, phosphatidylserine, phosphatidyl choline (lecithin), glycerylphosphoryl choline, and choline.
  
4. (Currently amended)     The ~~oral or~~ topical composition of claim 3 further comprising one or more vitamins.
  
5. (Currently amended)     The ~~oral or~~ topical composition of claim 3 further comprising one or more minerals.
  
6. (Currently amended)     The ~~oral or~~ topical composition of claim 3 further comprising

one or more antioxidants.

7. (Currently amended) The ~~oral~~ or topical composition of claim 3 further comprising one or more amino acids.

8. (Currently amended) The ~~oral~~ or topical composition of claim 3 further comprising one or more hormones.

9. (Currently amended) An ~~The~~ The ~~oral~~ or topical composition of claim 3 further comprising:

- a. L-isoaspartyl methyltransferase;
- b. one or more methyl donors; and
- c. a compatible vehicle for oral or topical application.

10. (Currently amended) The ~~oral~~ or topical composition of claim 9 wherein said one or more methyl donors are selected from the group consisting of methionine, betain, dimethylglycine S-adenosyl-L-methionine, polyenylphosphatidylcholine, phosphatidylserine, phosphatidyl choline (lecithin), glycerylphosphoryl choline, and choline.

11. (Currently amended) The ~~oral~~ or topical composition of claim 9 further comprising one or more vitamins.

12. (Currently amended) The ~~oral~~ or topical composition of claim 9 further comprising one or more minerals.

13. (Currently amended) The ~~oral~~ or topical composition of claim 9 further comprising one or more antioxidants.

14. (Currently amended) The ~~oral~~ or topical composition of claim 9 further comprising one or more amino acids.

15. (Currently amended) The ~~oral~~ or topical composition of claim 9 further comprising one or more hormones.